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THE DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER EST. 1868



International students reject proposed tuition hike

Tuition for international students could jump by 30 per cent or more within next four years

ALSO IN THIS ISSUE

NEXT YEAR'S DSU EXEC
4

CHRONIC PAIN ON CAMPUS:
LIVING WITH AN INVISIBLE ILLNESS 14

DAL STUDENT HEADS UP NOVA SCOTIA'S FIRST
POWERCHAIR SOCCER PROGRAM 18

EXAM

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DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER
EST. 1868

Kaila Jefferd-Moore

Editor-in-Chief
editor@dalgazette.com

Rebecca Dingwell

News Editor
news@dalgazette.com

Jessica Briand

Arts & Lifestyle Editor
arts@dalgazette.com

Anastasia Payne

Assistant Arts Editor

Lexi Kuo

Opinions Editor
opinions@dalgazette.com

Josh Young

Sports Editor
sports@dalgazette.com

Sarah Moore

Assistant Sports Editor

Matt Stickland

Copy Editor
matt.stickland@dalgazette.com

Chris Stoodley

Visuals Editor
visuals@dalgazette.com

Alexandra Fox

Page Designer
alexandra.fox@dalgazette.com

Contributing to this issue:

Karla Renic, Nebal Snan, Jess Moniz, Mayowa Oluwasanmi, Hannah Bing, Bayleigh Marelj, Kathleen Jones, Gabbie Douglas, Tarini Fernando, Chiara Ferrero-Wong, Hannah van den Bosch, Sam Gillett

ADVERTISING

Alexandra Sweny

Administration and Business Assistant
(289) 879-1557
business@dalgazette.com

CONTACT US

dalgazette.com

The SUB, Room 345
6136 University Avenue
Halifax NS, B3H 4J2

THE FINE PRINT

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LETTER FROM THE EDITOR

One last letter from this editor

From doing the bare minimum in first-year at a university across the country (Kelowna, B.C.) to dropping out for a gap year, to skipping Foundation Year Programme at the University of King's College and basically saying "lol Byeeeee" to caring about journalism school in favour of putting my sweat and tears and more sweat and more tears into *The Dalhousie Gazette* to almost not graduating ... I'm finally leaving this place in the dust.

I've been with *The Dalhousie Gazette* for three years now. It feels like it's been a lifetime.

I wasn't supposed to be Editor-in-chief the first time around. It was a role I was kind of pressured into. But being able to be at it for two years has allowed me to leave a more stable foundation for the paper.

It turns out I actually enjoyed the responsibility; I might have even thrived at times. There are definite accomplishments and sure failures on my CV now.

Leaving both my time as an undergraduate student and working for the *Gazette* is a welcome reprieve. I feel a weight getting lighter as I edit the last pages and write out my last letter.

It's really weird, working toward a seemingly impossibly goal -- graduating -- far off in your future and make it there only to realize none of the fulfillment came from graduating but from the four years that got you there.

I'll always carry this damn paper around in my back pocket.

Karla Jefferd-Moore

THANKS FOR READING!

SEE YOU IN
SEPTEMBER!

dalgazette.com

The executive decision

BY REBECCA DINGWELL, NEWS EDITOR

Before voting took place, the *Dalhousie Gazette* sent a similar questionnaire to each candidate in the 2019 Dalhousie Student Union election. Responses were edited for style and clarity and posted online. Voting has now passed and winners have been announced.

According to the DSU, overall voter turnout was 21.7 per cent (4,113 out of 18,940 possible voters). The following is your 2019-20 student union.

DSU President Aisha Abawajy



AISHA ABAWAJY IS THE DALHOUSIE STUDENT UNION PRESIDENT FOR THE 2019-2020 SCHOOL YEAR. PHOTO BY KARLA RENIC

Dal Gazette: What do you admire about the current DSU executives?

AA: I really admire President [Aaron] Prosper's commitment to listening to students, such as through his student survey or his 50 days of listening campaign. Vice-president [Masuma] Khan has made this campus a better place through advocacy — I'm thinking specifically of the free menstrual products campaign she led. Vice-president [Chantal] Khoury is making an unprecedented effort to get students involved in the budget-making process, which I really admire and want to emulate.

DG: What would you like to see the DSU do differently?

AA: There are a few things I'd want to see changed if I am voted President. Some of these are budget-based: I think the DSU could improve its transparency in terms of how much is spent on conferences, for instance.

I would hire a student to conduct a review of some of our spending: the Grawood goes overbudget every year, so I would like to know how we could change our policies or practices to make mon-

ey through the student bar; O-Week went \$95,000 over-budget last year, so I would like to hire a student for long-term policies to ensure O-Week profit stability. Basically, I want the DSU to put money right back in the hands of students by cutting executive spending and increasing student employment and society grants.

Another area I see the potential for change is how the DSU could improve the day-to-day lives of most students. Increases in tuition fees, for instance, are a great concern for a lot of students. We know that over 40 per cent of students will graduate with over \$20,000 debt. We also know over 10 per cent of students work more than 31 hours per week during the school year. I am the only candidate taking a strong stance on the decrease and elimination of tuition fees for all students which would be beneficial to all students.

Food security is also a huge issue for me — I will increase funding to the Food Bank by moving money from now-defunct levied societies, and I will work with Feed Nova Scotia work towards increasing the food limit so students can take however much they need. I will advocate for food services on Sexton and make a calendar of all free food events on campus for students. Parking can also be a huge annoyance for students getting to campus — I would look at our parking regulations to see if I can free up more parking space and decrease fees. If I find that's impossible under current regulations, I will exhaust all avenues until I find a way to get students affordable parking.

Another passion of mine is making sure students are well-equipped for the post-university world; as such, I will provide subsidized workshops in First Aid, Food Safe, and mental health support that will be open to every student at Dal.

DG: What, in your opinion, is the biggest issue on campus right now?

AA: In my opinion, the biggest issue is student mental health. I know very few students who haven't cried in a bathroom on campus or had to skip class because they can't face the day or missed meals because they're too anxious to eat. This isn't how it has to be!

There are root causes of poor mental health, from climate change anxiety to money problems to institutional oppression or any intersection of the above, and I see this group of students struggling in unprecedented ways with a fundamental lack of institutional support.

DG: What have you been watching on Netflix lately?

AA: Right now, I'm really into re-watching *Brooklyn Nine-Nine*! I think it's a stress response...

Meet your new Dalhousie Student Union

Editor's note: The DSU has not responded to multiple requests from the Dalhousie Gazette for an updated list of vacant DSU positions and if/when the Chair and Secretary may change. This is the current list of vacant positions based on the March 13, 2019 DSU election and information available on www.dsu.ca.

Chair: Chris Abraham, dsuchair@dal.ca

Secretary: Julia Guk, julia.guk@dal.ca

Executives

President: Aisha Abawajy

Vice-president (Internal): Calista Hills

Vice-president (Finance and Operations): Isa Wright

Vice-president (Academic and External): Kenyan Nagy

Vice-president (Student Life): Ruby Coles

Student representatives

Health Professions representative: Joshua Yusuf

Residence Student representative: Sandra Sumil

Board of Governors representative (1): Fatima Beydoun

Black Student representative: Claudia Castillo-Prentt

Vacant DSU positions

Board of Governors Representative (1)

Indigenous Students Representative

International Students Representative

LGBTQ Students Representative

Students with Disabilities Representative

Women Students Representative

Faculty of Agriculture Representative

Faculty of Architecture and Planning Representative

Faculty of Arts and Social Sciences Representative

Faculty of Computer Science Representative

Faculty of Dentistry Representative

Faculty of Engineering Representative

Faculty of Graduate Students Representative

Faculty of Law Representative

Faculty of Management Representative

Faculty of Medicine Representative

Faculty of Science Representative

Remembering Angela Rehorn and Danielle Moore

The two Dalhousie alumni were among 157 people killed in the Ethiopian Airlines crash

BY KARLA RENIC

Dalhousie University is mourning the loss of alumni Angela Rehorn and Danielle Moore: both young environmentalists chosen to be delegates at the United Nations Environment Assembly in Nairobi, Kenya.

Rehorn and Moore were onboard an Ethiopian Airlines plane when it crashed on March 10. The Boeing 737 Max 8 aircraft departed from Addis Ababa towards Nairobi and had 157 people on board. The travellers came from 35 different countries, including 18 Canadian passengers. There were no survivors and the reasons behind the crash are still under investigation.

Angela Rehorn

“Angie always loved the ocean,” said Rehorn’s former roommate Paula Lagman.

The two were matched in first year at Dal and had been roommates up until two years ago. “She was very passionate about the environment and sustainability.”

Rehorn was working at the Huntsman Marine Science Centre and had recently been accepted to join the Canadian Wildlife Federation’s Canadian Conservation Corps.

“She would have made a difference in the world.”

A statement from the conservancy said: “from the moment we met her, we could see Angela was a gifted and committed conservationist who was dedicated to making the world a better place.”

Rehorn graduated from Dalhousie in 2017 with a double major in Marine Biology and Sustainability. Rehorn worked and volunteered with several environmentalist organizations from coast to coast.

“I think she would have made a difference in the world, she was really passionate about this,” said Lagman.

Lagman can recall many beautiful memories with Angela.

“She was always a happy person,” she said. “She would always go out of her way to make everyone feel better.” Lagman said that they even have matching tattoos with one of their mutual friends, Alex. “I’m really glad I have that to remember her.”

Rehorn was passionate about many things, her former roommate said. “She always wanted to get better at surfing. She would have really been good at that too.”

Danielle Moore

Danielle Moore had “a smile that would brighten any room,”

reads a statement from Pinnguaq, a non-profit organization that Moore worked with. Moore had been an employee of Canada Learning Code, recently having worked in Nunavut teaching children about robotics, coding and VR. “The kids knew her, affectionately, as ‘the girl with the robots.’”

Her friend, Izzy Jubinville, said Moore was born to be a teacher. “She was patient, smart and hard-working.” Moore had just been accepted to the Bachelor of Education at the University of Ottawa. “It’s what she was meant to do.”

Moore graduated from Dalhousie University with a degree in Marine Biology and Oceanography in 2017.

During their studies at Dal, Moore and Jubinville went on a four-month trip to Costa Rica, working and backpacking. “One time when we were exploring this beach on Costa Rica, Danielle found these clay deposits on the beach and got all of us to cover ourselves from head to toe with this clay,” recalled Jubinville. “She was just so much fun.”

Moore’s work with Canada Learning Code was recognized by the UN, according to a CBC interview with Moore’s research advisor Kim Davies. She also worked with a variety of environmental and activist organizations in Canada, which earned her a place at the UN’s environmental conference.

“I’ve never met anyone like her,” said Jubinville. “She was a tireless activist, so passionate about advocacy for the environment, Indigenous peoples, youth,” she said. “I just thought she could do it all.”

A promising leader and a dedicated volunteer

Both Moore and Rehorn volunteered with the Canadian Sea Turtle Network.

The organization expressed their condolences on their Facebook page. About Danielle Moore: “She was a promising young leader in the environmental world and we send our most sincere condolences to her loved ones.” About Angela Rehorn: “Angela was a dedicated volunteer during our 2016 summer season and was an inspiring young conservation leader.”

On April 20, Lagman is organizing the first annual beach clean-up in Point Pleasant Park, in honour of Rehorn’s birthday.

“I’ve never met anyone like her.”



ANGELA REHORN WAS ONE DELEGATE FOR THE UNITED NATIONS ENVIRONMENT ASSEMBLY IN NAIROBI, KENYA. PHOTO FROM REHORN'S FACEBOOK PROFILE



DANIELLE MOORE WAS ALSO ON HER WAY TO NAIROBI, KENYA TO BE A DELEGATE AT THE EVENT. PHOTO FROM MOORE'S FACEBOOK PROFILE

Dalhousie international students reject proposed tuition hike

Incoming international students could eventually pay \$6,000 more in tuition fees

BY NEBAL SNAN



THE INTERNATIONAL CENTRE IS A SPACE FOR ALL STUDENTS ON CAMPUS. PHOTO BY EVAN DE SILVA

Tuition for international students at Dalhousie University could jump by 30 per cent or more within the next four years.

For the seventh year in a row, the Budget Advisory Committee (BAC) at Dalhousie is recommending a three per cent increase in general tuition for both international and domestic students. But this year, the committee is suggesting an extra 8.1 per cent increase for international students in all undergraduate and masters (non-thesis) programs, which would be accrued over the next four years.

“When I heard the rate of increase, I thought it was outrageous,” said Tabasa Shimada, an international student and the vice-president (External) at the Dalhousie International Student Association (DISA).

If approved, the increase would be grandfathered in – only applying to new students admitted for the fall of 2019 and after.

Students say increase is “unfair”

Tina Yue is a first-year international student at the faculty of science. She says not all international students can afford the increase in tuition.

“My parents made such a huge sacrifice for me to be here, because they sold their house. And my dad is currently unemployed, and my mom is working in China,” she said. “Everything we do ... everything we buy we have to time it by the conversion factor.”

Although Yue went to high school in British Columbia, she chose to come to Dalhousie.

“I thought Dalhousie has lower tuition, so that’s why I came here,” said Yue.

“Just because we are here as temporary residents doesn’t make it OK for the school to use us for the sake of money.”

Give us a reason

Teri Balsler, provost and vice-president (Academic) at Dalhousie, said the tuition increase was proposed to offset the rising costs of running the university.

As reported by the BAC — and reflected in numbers from

Universities Canada — international students at Dalhousie pay some of the lowest tuition fees compared to other U15 universities. U15 describes itself as a “collective of some of Canada’s most research-intensive universities,” on its website. According to Balsler, the four-year plan to increase tuition for international students will help the university move to the U15 tuition average.

Shimada said comparing Dalhousie to other U15 universities is “unfair” because it doesn’t take into account that Nova Scotia has the lowest

minimum wage and some of the highest taxation rates in Canada. So, international students at Dalhousie would make much less money compared to international students in other U15 universities, even if they work the same hours.

Shimada also pointed out that funding options are limited for international students because full-time international students can only work 20 hours off-campus during the regular academic year.

Currently, the Dalhousie Student Union offers an emergency fund for international students in financial difficulty due to unforeseen circumstances. However, the fund is not well advertised outside of the DSU website. Students in their first year or part-time students are not eligible to apply.

“If the students can’t pay their fees on time, they won’t be able to produce the necessary documents to renew their study permit. It will make it even harder for international students to feel safe and be ready to study without worrying about their status in Canada,” said Shimada.

Balsler said the committee is planning to allocate additional funds to offset financial hardship for international students; but these plans are still “evolving.”

International services are inadequate

According to Dalhousie’s operating budget for the current academic year, the university allocates “\$350,000 to faculties and units most impacted by and support services related to growth in the number of international students.”

Both Shimada and Yue said they hadn’t seen any specific support for international students within their faculties.

“The university needs to be more transparent,” said Shimada. “It just goes into this big pot of money when we pay, and everything gets mixed together.”

At the BAC feedback session held in the Student Union Building, Balsler said she will investigate whether faculties are spending the money allocated to them effectively.

Shimada said Dal’s International Centre is the only source of student support for international students on campus, but the centre has reached maximum capacity. According to Shimada, the waiting times for advising appointments can sometimes reach two weeks.

No regulations

Although domestic tuition increase is capped at three per cent annually by the provincial government, there are no similar regulations for international tuition. Shimada said international students are at a disadvantage because they can’t affect policy-making.

“We should be protected the same way as the domestic students. Just because we are here as temporary residents doesn’t make it OK for the school to use us for the sake of money,” she said.

Shimada feels the university ignored international students, as they weren’t consulted in the process of making the budget plan. The BAC has two students on the panel — one of them used to be an international student, but is no longer one.

After DISA released its statement opposing the proposed tuition hike, Shimada said the parent of a prospective international student sent her a Facebook message.

“They actually said that it might stop them from coming to Dal because it becomes too expensive. They said they were going to write to the Provost.”

Shimada wants the university to stop the tuition increase for both international and domestic students. She said DISA is urging all students to sign a petition against the increase.

The Board of Governors is set to vote on the BAC budget proposal on April 16.

“It will make it even harder for international students to feel safe and be ready to study without worrying about their status in Canada.”

When 'self-care' becomes junk food and Netflix

Biological stress responses may be working against you

BY JESS MONIZ

I officially entered the breakdown phase of student life the moment I ordered a coffee just to stay up-right.

I was wearing the hoodie I'd power-napped in all week. My dollar donut felt like a splurge. I drank the coffee and fell asleep anyway.

I swore it would never come to that again, but it became just how things normally are. My life is considered normal — lucky, even — but that's not the point.

Most of us don't think it's abnormal to live in a tired and over-caffeinated state. We spend weekends with friends bingeing booze or alone, huddled around a laptop bingeing TV. Ubiquitous with academics is salty caramel Starbucks, exam beards, sweatpants and instant ramen.

Junk food, bingeing digital media and lack of sleep isn't considered healthy. Our #relatable student lifestyle jokes aside, we may internalize the idea we are collectively failing at #adulting by living this way.

But the way we live is symptomatic of the conditions we're in.

In other words, we're doing what's good for us given what we have to work with: stress, limited resources and the midterm wolves (I'll return to that).

You're doing better than you think.

The science of stress

Psychology research on college-level stress reported 80 per cent of students to be moderately stressed based on a standardized questionnaire. Other research found that stress affects students' attention and concentration, physical health and mental health. This may seem obvious, but in the science world, nothing is real until verified by randomized control trial.

A 2006 study researched the types of stress students were experiencing. One hundred sixty-six students self-reported stress levels for each stressor on a five-point scale, in which (5) indicates "extremely stressful" and (1) indicates "not stressful."

Results found the highest stress came from social interaction and "daily hassles" like not finding parking, waking up late and traffic. They found these stressors to be more stressful on average than stress involving family, finances and academics.

The study found that the reactions and coping methods used by college students were emotion-based, such as getting upset at friends and family or sharing emotions to seek support. These were used more often than approaches like re-examining emotions or stepping back from feelings to evaluate the situations.

As a result of these results, researchers proposed students do workshops to reduce stress. They hypothesized that workshops facilitating positive support and bonding would alleviate stress from social interaction, as well as promote self-reflection, rather than the emotional outburst-based coping adopted by many students.

Zooming in to the micro

Normal maintenance suffers when we have other things to do, which explains wearing sweats and exam beards. And the crippling lack of sleep.

Our health may suffer because this is the first time some of us are completely in charge of it. Some of our habits are direct results of the fact we're still learning to manage ourselves, and that's important, but some of your unhealthy decisions may be your body trying to cope with stress at a micro level.

Our inability to achieve a balanced diet — in favour of sodium and sweet treats — is affected by the amount of cortisol released in our bodies. Normally, cortisol is released in the body when you need to break down stored components for energy, it prepares your body for action. Respiration and heart rate increase, as well as muscle tension. Blood is directed toward vital organs.

If it seems like an over-reaction, your hypothalamus is pretty sure it's wolves — not that you're failing the thermodynamics section of your course.

A preliminary study on 89 stressed women found they were more likely to go for higher-fat foods when stressed or avoid healthier foods like dried fruit — even if they were offered. The cortisol makes you crave food that's fattier or more sugary.

So you aren't a food slob; it's because cooking is hard and your body wants to buff you up with Lil' Debbies.



PHOTO BY MELANIE KENNY

Self-care that doesn't cost you

We cut through daily hassles with mindless social media scrolling. Beyond the "millennial screens obsession," social media also allows us to tune-out stress, socialize with others on our terms and express ourselves.

Video games, social media and Netflix don't seem as refined as hobbies or sports that satisfy our need to include a workout, skill or mental training to our activities.

Having the time, energy and money to develop a hobby is a privilege.

Stress from fatigue is obvious. There's also burn-out. We are made to feel guilty for relaxing instead of maximizing employable skills. We can't spend all our time volunteering and networking. The pressure to stay productive is a constant cloud over the life of a student.

But you don't need to buy into this. Sometimes your wellbeing, your friends and family or other needs take priority.

No reason to guilt yourself.

Our activities can't tax our monetary, physical or

emotional budget. That's why on a daily scale, digital media is nice. So we unwind by enjoying a season's worth of content.

If we're doing our best, or at least what comes naturally, why do we feel so bad about it?

We think self-care should take be set aside as a one task activity and organized, usually with the use of products. It should involve consuming specific relaxation industry items like bath bombs and lotion or meditation apps.

To be able to relax in an hour in comfy pants you already own seems lazy. Doing it "properly" requires rose petals and the silk robe. Yoga classes, walks in the woods, and long luxurious baths aren't accessible to everyone. Same thing with health food.

But you still need to relax and eat. When we're coping in nonideal circumstances, remember to hold our habits to realistic standards of self-maintenance. We're all just human.

All we can do is buy what we can afford, manage what we can, do what we have energy for and try our best to take care of ourselves. And if the best you can do is chug some frothy beverages and blaze through a few hours of Bloodborne so be it.

Bing bam exam cram

Should be studying? Start here, with tips to maximize your time

BY MAYOWA OLUWASANMI



GETTING THROUGH EXAM SEASON MAY SEEM DAUNTING. THESE TIPS SHOULD HELP EASE THE STRESS. PHOTO BY SNAG EUN PARK ON PIXABAY

In the wake of exams, you may find yourself knee deep in coffee, highlighters and breakdowns. Resolutions to be more organized have slowly eroded through the months. April awaits, panic lies ready to pounce.

It is doable. And you will get through it. Here are some tips to maximize your time in this awful period.

1. Know when to stop — but make it practical

Look at you.

Now look at that 20-page academic journal that was assigned five weeks ago that you never opened. The Brightspace topic complete bar is white and unread; mocking you.

There's no shame is not being able to do it all. It is an essential life skill to know when to give it up. It's two days before the final — that 50-page reading is not worth your time. There's nothing worse than having five hours left before your exam with five chapters left to read. Attempting to properly read and learn it will most likely leave you stressed and confused. Just leave it. It's easy for students to obsess over remembering every last detail — especially when there's not much time left.

Get the shorter, manageable readings out of the

way first. Then figure out if you have enough time for the giant ones. Only do what you can possibly do, then move on if there's time.

You can do a lot in a week. You can also do a lot in two days--as long as you know that you can't do everything. Exam cram is a gamble, and don't always bet on the big stuff.

2. SKIM!

Across the globe, a universal symbol of scholarship and academia is readings. Assigned readings, short readings, assisted readings, suggested readings, extra-credit readings; it's a prerequisite of university life that you read.

It takes forever. The sheer volume of readings assigned to university students is onerous and impractical. As students, we know the horrors of being overwhelmed by readings, especially when there's little time to do them. How do you tackle readings for exams--especially when time isn't on your side?

Skimming is a method of reading where you extract the main ideas in a body of work, without focusing on the details. Skimming is an art. Much like pouring skim milk into your 12th coffee of the day, skimming is an essential part of studying.

The ability to understand the central idea of each

paragraph or subheading will be far more useful than regurgitating sentences. Writing five or more sentences about a concept you understand is better than trying to remember sentences.

To skim, always read the first sentence of each paragraph. Take notes of repeated words and always read the chapter summary. The syllabus can be used as a checklist for your studying.

Google is your best friend during exam time. Complex terms and language can be easily learnt by a quick internet search or YouTube crash course.

Noting down key jargon can also be beneficial for multiple choice exams. Keep in mind what you will be expected to recall during testing. Will you need to know dates? Or perhaps you only need to know the order of events, then draw out a timeline to get the general gist. For essay questions, focus on summaries of topics and any key terms used.

Skimming is beneficial as it reduces the time spent studying without reducing the importance of stuff. Time is money during exam season, and every hour you spend at your desk has to be productive. Stressing over every minute detail is a waste of time and energy. With half the effort, skimming allows you to learn what's relevant. Ten points for you.

3. A day distracted is a day wasted

Spending two hours on your phone after 30 minutes of note taking isn't real studying. Self-sabotage will lead to poor grades. There's no sugar coating this. If you tell yourself you're going to achieve a task, you need to put in the work.

On the flip side, spending all day in bed doesn't mean you can't work. The night is young and anything is better than nothing.

Studying on your bed isn't practical, no matter what we tell ourselves. Studying with your phone out or Facebook out isn't practical, despite what we tell ourselves. If you have to plant yourself in the Wallace McCain to get through those seven chapters — do it.

A useful method would be to take short but regular breaks. That means with every hour, take five to 10 minutes to get up, get a snack, water, walk around (preferably something non-electronic.) In total, 50 minutes of the hour should be spent work-

ing. Every time you get distracted, work another 50 minutes after that. These mechanisms allow us to be more productive with our time, instead of wasting days half-working.

4. Talk to your professors

Professors are often willing to go into detail if you ask. The only thing worse than studying is studying irrelevant material that serves only to clog your brain and weaken your answers. Like skimming, being able to dissect a large syllabus into a smaller checklist is a necessary skill.

If your professor gives you an outline, follow it. If the exams are multiple choice: don't study for essay questions. If the exam is cumulative: study everything (you won't remember the stuff from the midterm, trust me.)

It's easy for students to create a divide between their freedom and their education. Who cares if you've sent your TA five emails? Don't feel bad. Universities provide several resources for us to get academic help when we need it. Your instructors are there to make your academic career more successful, despite exam worries.

What topics should you focus on? Is there any point to studying both sections? Make sure to get all you can out of your professors beforehand. Armed with some knowledge of what's ahead, studying becomes a more achievable task.

5. Eat real food

Most of us know eating a diet of whole grains, lean protein, fibre and vegetables will lead to a healthier mind. Our bodies crave escape from tense environments and food is a great way for us to disconnect from reality. It allows us to take breaks in between furious notetaking; and the more snacks we eat the more distracted we can be.

Instead of harping on about health, here's a list of foods that help boost concentration: coffee (duh), dark chocolate, mixed nuts, carrots, peanut butter, bananas and other fruits. Despite pizza bringing much-needed comfort, oily processed food makes the body feel sluggish. Nourish yourself, please. Your stomach and your wallet will thank you when it's over.

Good luck!

Hallowed DSU council is hollow

Council seat vacancies aren't vacancy of student interest

BY HANNAH BING AND LEXI KUO

The Dalhousie Student Union Council is composed of the executive, faculty representatives, community representatives as well as reps for the Dalhousie Board of Governors and Dal senate, and members-at-large.

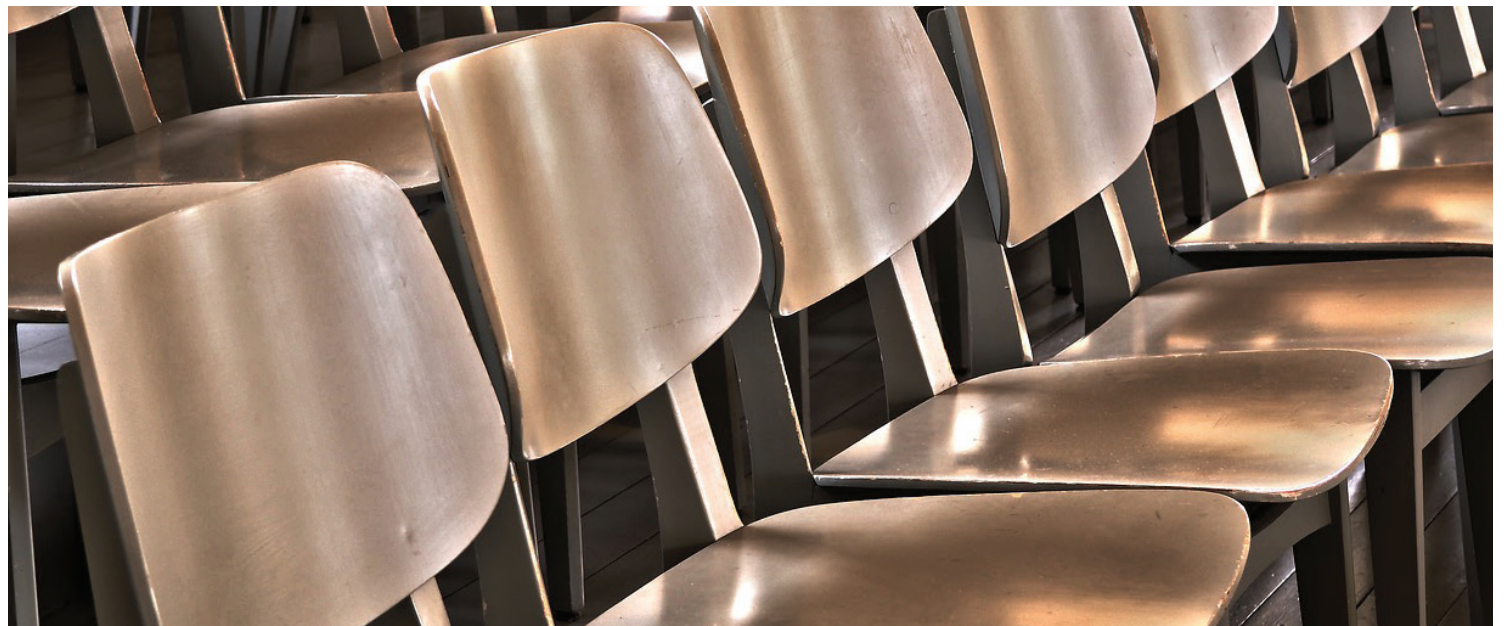
Council members represent various constituencies of the university. They act as a liaison between the community and council, a way for community members to bring their concerns to the DSU. In council, members are responsible for consulting and advocating for their group's interests, as well as contribute to the general governance of the DSU.

For the 2018-2019 year, 10 council positions were vacant: reps for communities of Aboriginal students, residence students, students with disabilities community, women students, as well as faculty reps for agriculture, architecture and planning, computer science, dentistry, engineering, and health professionals. That's 10 empty seats out of 28.

Council rep vacancies are a long-standing problem. This year is not an outlier.

Council elections are not prioritized as they should be. DSU policy states that constituent representatives must be elected during the DSU general election period. Council positions left vacant following the general election may be filled by a by-election prior to November of the following school year. Otherwise another member who meets the eligibility criteria shall be appointed to the duties of the vacant position.

These positions may be vacant because students and the union focus on executive positions while not much is said or advertised about community council members. Students are not properly informed on the



purpose of council and the election of representative positions. When's the last time you heard about council by-elections?

These positions are important to student communities, who may require an advocate for them in bringing changes to the DSU, faculty and the university. Council members also provide a resource for student committees, providing guidance on navigating concerns and when concerns should be brought to council or faculty.

Students who lack their community council representative do not have an accessible contact for communicating their concerns and needs to the student union.

Despite the importance of council representatives, they also serve as a scapegoat for the DSU. Having these community rep positions allows the DSU to "check" the box for consultation, glossing over questions of whether students are aware of their community rep or whether the community

reps are being heard within council.

The DSU may also use these positions to divert responsibility. They may claim that they have created the space by making these council positions,

that actually filing the seats is the responsibility of the communities themselves. Diverting responsibility is a distraction from the main point, that DSU council serves to

consult with students, and for community constituents, this isn't happening.

Perhaps it's that the DSU has failed to advertise these positions to students. Perhaps no one is quite enthralled with the idea of sitting around a table for a few hours a week, which might only be one hour if it weren't for all the formality. Perhaps students just don't care; although judging by the social media babble, that's probably not the case.

Making space is more than creating a formal position. For the DSU, this might mean providing resources for students for learning how council works, live-streaming council sessions, overall, making DSU activities more transparent and accessible for students.

This year, ten council seats were vacant out of 28.

International Centre provides space to learn languages

Language Spot events encourage language exchange

BY BAYLEIGH MARELJ

Once a month the Dalhousie International Centre hosts a Language Spot; a safe space for local and international students to practice their linguistic skills.

The program was started last year in order to provide a new way for international students to practice their casual English.

“To have that safe spot for people to practice their languages without judgment is very important,” said Dolly Mirpuri, engagement coordinator for the International Centre.

She said it’s often a lack of confidence that holds people — including herself — back from speaking in a language that isn’t native to them.

Though the primary focus of Language Spot is on English, the organizers from the International Centre encourage students and volunteers to share knowledge of other languages. The idea is that there can be an exchange of culture between volunteers and attendees.

“There is no ‘one-is-a-coach, one-is-a-student’ aspect,” said Mirpuri. “They are learning from each other. It’s peer-support.”

Each Language Spot event is a different recreational activity. Last month the Language Spot program hosted their event at the Emera Oval. According to Conrad Pratt, a volunteer, it was below -10 C.

“We had like six participants show up. It was a good way not only to interact in English but also a good way to get more familiar with Canadian culture.”

Pratt was inspired to volunteer for Language Spot after he spent last year teaching English in South Korea.

“You kind of take basic things for granted when you are living in your home country, like being able to speak to people in grocery stores,” said Pratt. “It makes you feel isolated, especially when you are first arriving.”

Dalhousie’s Role

According to Dalhousie’s website, 20 per cent of its students are international students. It’s unclear



DALHOUSIE UNIVERSITY'S INTERNATIONAL CENTRE HELD AN EVENT CALLED LANGUAGE SPOT SEVERAL TIMES DURING THE YEAR. SOCIAL EVENTS TOOK PLACE AT THE INTERNATIONAL CENTRE WHERE STUDENTS COULD PRACTICE LANGUAGE SKILLS WITH OTHERS. PHOTO BY KARLA RENIC

what subset of these students don’t speak English as their first language.

The university also says its students represent over 115 different countries.

With this kind of claim comes a commitment according to Jennifer MacDonald, Head Teacher for Dalhousie’s ESL program.

“If a university or an institution is admitting a very linguistically-diverse student group then they kind of have an obligation to provide the resources so that everyone can be successful,” said MacDonald.

MacDonald teaches in the English for Academic Purposes (EAP) program. A program in place so students can improve their English and gain admission to Dalhousie.

Although she believes the university could be providing more resources, she is happy with the improved support she sees coming from the International Centre.

“In the past, it was framed as an ESL conversation group — which is fine,” said MacDonald. But

that, “framing it as a Language Spot acknowledges that someone having a first language that isn’t English is multilingual and that’s really cool.”

MacDonald has conducted training sessions with the Language Spot volunteers in order to give them more insight into how to facilitate language exchange.

According to her, many of her own EAP students attend Language Spots alongside admitted international students.

‘No one’s mother tongue’

On March 28 the International Centre hosted a Language Spot in partnership with the Indigenous Student Centre. They taught a workshop on the tradition of tobacco tying.

“We find it a great way to integrate international students into Canadian or Nova Scotian culture which is the Mi’kmaq culture,” said Dolly Mirpuri ahead of the event.

“We tend to forget that Indigenous people don’t always have English as their first language either.”

According to Statistics Canada, in 2011, 20 per cent of Canada’s population reported speaking a language other than English or French at home.

MacDonald believes the way we speak about multilingual students’ needs to change.

“We tend to define them by what they are lacking. That they are lacking English skills as opposed to looking at it like ‘this person is adding to their linguistic repertoire.’”

She believes that this so-called ‘deficit framing’ is inaccurate and discouraging for monolingual and multilingual people alike.

“When arriving at university all students need to learn new linguistic conventions.”

“It is part of the responsibility of the institution to ensure an equitable academic experience for everybody,” said MacDonald. “No matter their linguistic background, making sure that everyone can succeed.”

Adapting a quote from historian Jacques Barzun, according to MacDonald “academic English is no one’s mother tongue.”

There's no place like the Bus Stop Theatre

A place to call home for arts in Halifax could be gone soon

BY KATHLEEN JONES



AUDREY EASTWOOD'S WEDDING TOOK PLACE AT THE BUS STOP THEATRE. SHE'S THE VENUE MANAGER FOR THE THEATRE. PHOTO BY AMY MCCONCHIE

Audrey Eastwood hung up umbrellas from the ceiling and filled them with fairy lights at her wedding so they would look like chandeliers. Her mom went to Value Village and got a china plate for every guest; she made her own wedding cake.

Eastwood's wedding wasn't in a church. It took place at the Bus Stop Theatre on Göttingen Street, where she's the venue manager.

"It's such an amazing space, because you can transform it to look like whatever you want," she says. Eastwood was also proposed to in the theatre; her now-husband knelt in a spotlight on centre stage.

"It was just a super amazing experience to get married in this building that means so much to me."

Eastwood moved to Halifax with the goal of working at the Bus Stop. Now, the Bus Stop is in trouble: after nine years of holding onto the building, the owners, Walk-eh Enterprise Limited, have put it up for sale. They can no longer afford to keep it running.

"And so of course, everybody is very concerned about the future of the Bus Stop Theatre," says Sebastien Labelle, the theatre's executive director.

On top of buying the building, employees of the Bus Stop are also trying to build a second performance space in the empty lot behind the building.

They've started fundraising, and currently, they're in the midst of approaching all three levels of government to secure funding.

What they've heard so far is that officials like the project but might not be able to come up with the funding this year.

"And of course, the first step in our project is the purchase of the properties, because if we don't manage that, then everything else is moot," he says.

Filling a gap

The Bus Stop is one of the only professional theatre spaces left in Halifax, after the shutting down of local theatres The Living Room and The Waiting Room. Neptune is the only other major professional theatre, and their productions are big-budget. The Bus Stop is more of a space for local creators, who can try on new ideas for size.

Labelle says that other professional theatres in Halifax haven't always made it because, simply put, "producing theatre is expensive." When you add on the expensive venues that have to be rented for the show to go on, it's often more than artists can afford.

"And so that's why it's really important to have spaces like the Bus Stop Theatre that are affordable; that can allow small independent theatre companies to establish themselves and flourish," he says.

The Bus Stop is about to get busy again going into April and the space is entirely booked for the month of May. The lack of other theatre spaces has led to even more bookings at the Bus Stop, and the theatre is often being booked a year-and-a-half in advance.

But being busy doesn't mean being profitable — as Labelle says, theatre is expensive.

A space for artists

Labelle can't name his favourite memory from his time at the Bus Stop — not because

there aren't good memories, but because so many exciting things have happened there.

"It's really incredible to me when different communities' cross paths here," he says, adding that festivals like the Fringe Festival are examples of that. The drag queen group, Queens of the Glamazon, will also now be performing at the Bus Stop, so that their performances will be more accessible.

"It really is an important community, as well as cultural space."

Whatever kind of performance you're looking for, you can probably find it at the Bus Stop: it houses everything from contemporary dance to improv to musical theatre.

Saving the space

Labelle and Eastwood both hope the Bus Stop can be saved.

"This space is why I'm in Halifax, and I think it's the reason a lot of people are in Halifax," Eastwood says. She says the audiences that come and see the shows are a core part of Halifax's theatre community.

The Bus Stop, says Labelle, is a space where Halifax artists can premiere their work before taking it across the world.

He says the Bus Stop shutting down would be "really devastating" because it plays a huge role in Halifax's arts scene. It could also potentially make North-Enders, who are already dealing with redevelopment, feel even more alienated.

As for Eastwood, it's the Bus Stop that keeps her here.

"It's a space where you can create and not have to worry about what you're doing," says Eastwood.

"I think I would leave if it wasn't here."

Hurricanes, smog and corruption – do you fear the world is coming to an end?

Apocalyptic anxiety is brought on by fear of the world ending

BY GABBIE DOUGLAS



PHOTO BY SKEEZE ON PIXABAY

Wildfires are raging and ice caps are melting. Superpowers are rising and economies are falling. Our world is coated in plastic and ecosystems are dying. Threat of nuclear war is looming on the horizon.

These events can cause some people to feel panicked, fearful and anxious; it can be characterized as apocalyptic anxiety.

Apocalyptic anxiety isn't a defined medical diagnosis. According to Psychology professor Margo Watt at St. Francis Xavier University, there hasn't been empirical research on this topic.

"It's similar to existential, doomsday or nuclear anxiety," she says. "There is no diagnostic category for 'apocalyptic anxiety' although such concerns could fit with and/or feed into other types of anxiety, such as generalized anxiety disorder."

Today there are many reasons to be anxious; the current world order makes some feel like the apocalypse is one of them.

Doomsday status: pending

The potential of an apocalypse dates back thousands of years says Jonathan Vance, a professor at Western University who teaches a course called *Zombie Apocalypse: Panic and Paranoia in Human History*.

"The year 1000 generated a huge amount of anxiety because it was supposed to be the second coming of Christ and was supposed to be when the world was going to end," says Vance. "And so since then apocalypticism and its anxieties are almost a constant" says Vance of western cultures.

In the modern era, there are many different sources of a potential apocalypse and there are so many different ways we could imagine human civilization coming to an end.

The year 2000 became known as Y2K and conspiracies explained the world would come to an end at the start of a new millennium.

On Dec. 21, 2012 many believed the apocalypse was impending, according to the Mayan calendar.

Conspiracy theories have always been popular because they allow us to see a complicated situation in simplistic terms. Vance says some psychologists would say our fascination with the apocalypse is almost hardwired into our brains.

"One of the more common suggestions is that western societies tend to have a reflective self-loathing, so we're fascinated by the apocalypse, and frightened by it, but secretly we believe our society de-

serves to be wiped out," he says.

These feelings are different from group to group. It depends whether people are trying to escape the apocalypse and survive, or trying to come to terms with their destruction, running towards it as it may lead to a better form of existence, says Vance.

When fear takes over

David Smith (who asked for his real name not be used, to avoid the stigma associated with sharing his story) found himself deep in conspiracy theories and apocalyptic anxiety in September 2009 at the end of his studies in performing arts in British Columbia. The Peterborough, Ont. native said it was brought on in part by heavy cannabis use.

"I was high for two years straight."

Smith also experimented with other drugs MDMA, ecstasy and magic mushrooms. When Smith's paranoia developed, he got into the unending realm of online conspiracy theories.

Years before, when he was a small child, Smith remembers walking into a corner store somewhere.

"There was a rag tabloid news at my eye level with a picture of Jesus and lightning with a huge caption of the world ending. That was years ago, but it stuck."

Then came Y2K, then 9/11 and the conspiracy theories started to make sense.

Smith says at the time he had been consumed by paranoia. He came to this idea there was a small, select group of powerful bankers and politicians that were planning a mass genocide to reduce the population by 90 per cent, via vaccines, poison in water and food, chemtrails and eventually, concentration camps.

"Total Hitler-style Holocaust on a global scale. And yes, I'm talking Illuminati, one world government, new world order," he says.

He checked into a psychiatric unit where doctors identified this as psychosis or a psychotic break/psychotic episode, which doesn't define the patient as a psychopath.

"I had an isolated episode where I couldn't distinguish fact from fiction. Luckily, I got over it because I almost took my own life."

After many years indulged in conspiracy theories coupled with heavy drug use, Smith believed the earth was coming to an end.

"I was 23 at the time, which made so much sense," he says. "You know, 23? It all pieced itself together to fabricate this ulti-

mate understanding that the world goes through cycles, and there would be a near extinction of human beings, much like what happened to the dinosaurs. It was inevitable, and there was nothing I could do to stop it."

Today Smith lives and works in Toronto and is stable with the help of medication and years of seeing a psychiatrist, therapists and a caseworker. "I got through it."

An anxious world

Some would argue we've been living in the age of anxiety for decades, Vance says.

"We're in a state of perma-anxiety, which means intense panics are relatively easy to trigger."

Apocalypticism, today, ebbs and flows through the World Wide Web quickly and efficiently. The mass media spew messages from all directions. Sometimes good, sometimes not. Bad news sells. Good news is less interesting.

"We know more than we ever have before about everything," says Vance. "We are surrounded by communication media that make it much easier to spread falsehoods and to spread panics and to spread lies and to spread untruths."

For example, it's common knowledge that Winston Churchill, the 1940s British Prime Minister, famously said, "a lie makes it halfway around the world, before the truth gets out of bed." Even though he never actually said it.

People who suffer from this kind of anxiety often find it difficult to picture their future and retreat from discourse around current events.

Emma McGugan is a student at the University of King's College and has apocalyptic anxiety. She says a lot of people are predisposed to this sort of thing.

"When I was really young I had a lot of fears surrounding myself and my family dying. I used to go around every night when I was younger with my mom and make sure the stove was off, and the doors were locked. I did that every night — every morning. It started when I was probably eight."

Over time these fears caused McGugan insomnia.

"At first I was scared of being murdered at night and then as I started thinking that's not reasonable, it turned into more what was reasonable, and I was like oh the apocalypse — that's reasonable."

McGugan says things such as nuclear warfare, the environment and corrupt politicians cause feelings of panic and anxi-

ety.

"There are many conversations I have to tend to avoid but a lot I feel very passionate about," says McGugan. "I've left restaurants before because I can't talk about this."

McGugan has trouble viewing her future and must ground her thinking in the present.

"I have to kind of censor myself and be like yeah, the apocalypse is pending, but it's about right now."

The power of fear

Fear, anxiety, panic and paranoia are enemies of rational thought, says Vance.

"Fear is what allows the irrational response to win out. And it's more likely to win out, if everyone around you is freaked out at the same time."

Fear is powerful. Fear convinces you that you can't do anything. Excessive fear or panic is negative, especially when we direct our fear to the wrong thing.

People have been paralyzed by fear of terrorism in North America for years, and billions of dollars have been spent to dilute this anxiety.

Vance says to not let your rational mind be sidelined by fear.

"Don't build up this mental image of some shadowy middle-aged terrorist who's going to lay waste to your town. Direct your energy in a proper way," he says. "If you look at what's being spent on the war on terrorism because people are freaked out, imagine what would happen if you spent that money on mental health or cancer research."

When turning fear around, fear can motivate us to act. Fear can organize millions of people around the world to strike for climate inaction and demand change.

"In apocalypse anxieties don't let your fear that it's all coming to an end convince you that you can't do anything and convince you to withdraw from meaningful discourse in society," says Vance. "Maybe it's going to come to an end, maybe it isn't, but go down fighting at least."

Thoughts such as these can be overwhelming and debilitating. Having conversations about intense anxieties is a first step. If you think you may suffer from apocalyptic anxiety there's support and services such as psychological counselling, mindfulness and online resources. Ementalhealth.ca is an online resource, which guides you to counselling services within Canada.

Chronic pain on campus

Living with an invisible illness

BY TARINI FERNANDO



PHOTO BY GRACE MASON-PARKINSON

For some students at Dalhousie University, dealing with chronic pain is part of their daily lives. There's no easy cure for it.

Drue MacPherson, a fifth-year Dal student, says her chronic pain started after an injury that occurred when she was 13. During a softball tournament, she tore a ligament in her ankle.

From 13 until age 20, MacPherson had ongoing pain and inflammation in her right ankle. And while the physical pain was bad enough, what made things worse was not being able to do the activities MacPherson loved.

"The only sport I've ever been fairly good at is tennis and at that age, I was trying to prepare to really take it on and go to national championships," said MacPherson. "I really wanted to dedicate myself to the sport."

MacPherson had to quit playing because of her pain.

The pain continued for years, and when she got to university, MacPherson found many daily functions difficult.

"Just getting up to go to meal hall was so gruelling to think about," she said.

Although MacPherson says she's always had a good support system at home, it didn't help that her friends and professors

would sometimes not take her pain seriously.

Over time, a weird resentment started to build up and some [friends] thought I was full of crap," she said. "I also found it was very frustrating having to tell professors [about the pain] because it sounded like bullshit excuses that they'd heard often."

MacPherson says doing years of physiotherapy helped in the long-term to rebuild strength in her ankle. The treatment she felt gave her the best immediate results was acupuncture, a traditional Chinese practice of stimulating parts of the body with needles to relieve pain.

"It made such a huge immediate significant difference," MacPherson says.

Luckily for MacPherson, her pain did eventually go away, but says she still feels "a lot of anguish reflecting on a lot of the things [she] didn't get an opportunity to do."

What is chronic pain?

Chronic pain is distinct from acute pain and persistent pain. Acute pain occurs because of a specific injury or disease; this pain should go away after an injury is healed.

As Dr. Jana Sawynok of the Dal pharmaco-

logy department describes it, persistent pain, as the name indicates, is a kind of pain that "persists, but in time it resolves."

She gives surgical pain as an example of this.

"There's a major physical trauma to the body," she said. "But that resolves over time. You know what's causing it, so resolution takes place."

Chronic pain, on the other hand, is a long-term pain that lasts for more than 12 weeks and "persists beyond when tissue healing occurs," says Sawynok.

With chronic pain, central sensitization occurs in the central nervous system (CNS). As Sawynok explains, this is when the pathways in the CNS that signal the pain are modified and will continue signalling even after the stimulus that originally caused the pain is gone.

Complementary and alternative medicine

Like MacPherson, many people with chronic pain will turn to complementary and alternative medicine (CAM) to use alongside standard medical treatments to deal with their pain.

Sawynok has studied different types of

CAM for chronic pain but has particularly focused on qigong.

"Qigong comes out of traditional Chinese medicine," says Sawynok. "It has a long history of a couple of thousand years."

Sawynok says qigong and the more well-known practice of tai chi fall in the same category of meditative movement. This differs from physical exercise which involves strength, flexibility and aerobic fitness.

Practicing qigong (pronounced "chi-gongh") is about "cultivating qi," says Sawynok. It's difficult to translate and understand what exactly qi (pronounced "chi") is. Sawynok describes it as "a mysterious word that comes out of Chinese practice."

But the meaning of qi isn't necessarily what's important.

"The point is," says Sawynok, "when people undertake these movements to cultivate qi, you can actually sense this dimension to how the body functions."

Sawynok collaborated with clinicians to publish a trial in 2012 that tested the effects of qigong on a group of 100 patients with fibromyalgia, a syndrome that causes pain throughout the body. Because of the positive results of the trial, the pain management unit at the Queen Elizabeth II hospital has started offering qigong as a complementary treatment for patients with chronic pain.

Sawynok says that practicing qigong takes time and commitment, but it's something people are willing to turn to when medical care like physiotherapy and drug therapies only prove to be limited in their efficacy.

"That's part of why people turn to complementary and alternative practices," says Sawynok. "They've only gotten partial efficacy from the current approaches that they're using; and they want to ask: 'Is there something more I can explore to augment that efficacy?'"

A student life with chronic pain

For Breanna Ching, a Dal student in her

Read This!

Pond by Claire-Louise Bennett

BY CHIARA FERRERO-WONG AND HANNAH VAN DEN BOSCH

first year at the School of Social Work, managing her chronic pain involves physiotherapy, massage therapy and medication.

“I grew up with pain and I thought it was a normal human experience to go through until I was 19-years-old,” says Ching.

It was at this age that Ching was diagnosed with a rare genetic condition called Ehlers-Danlos syndrome. The name refers to a group of connective tissue disorders that result in many joint dislocations and joint pain.

“I find it difficult to keep up with housework, to clean and to cook,” Ching says. “I find it difficult sometimes to get to class, to sit in class — my lectures are three hours long.”

For Ching, talking to the Student Accessibility Centre at Dal and getting accommodations was integral for her in figuring out how to manage her pain during the school day.

“One of my accommodations is that I’m allowed to go for frequent walks [during class] to lessen the strain of my muscles just sitting for a long period of time,” says Ching.

According to Quenta Adams, the director of the Accessibility Centre, there are many accommodations the centre can provide for students with chronic pain.

When a student requests for accommodations, they meet with an advisor at the Accessibility Centre to come up with an accommodations plan. Adams says these accommodations can include, “deferred exams, assignment extensions, note-taking, [and] priority access for parking.”

Adams says the Accessibility Centre can also work as a kind of middleman between students and their professors, letting their instructors know what accommodations they need without disclosing the student’s identity or health condition.

“We try to both advocate for the student but also coach the student to develop their own self-advocacy skills,” Adams says.

At the end of the day, living with chronic pain is a reality that students like Ching will have to face for years to come. Although there might not be a simple solution for the pain, Ching aims to look at the bright side of her situation.

“I’ve definitely grown to accept that [chronic pain] is a part of my identity and I’m reclaiming it as part of my positive identity,” says Ching. “Yes, I am Breanna. I am a lot of things, including having a chronic illness.”

Ching doesn’t want people to look down on her because of her illness. “Don’t pity me because I can’t do what you can do,” she says, “celebrate what I can do with me.”



STILL LIFE PHOTO “FAIR IS FOUL, FOUL IS FAIR.” PHOTO BY MARGRIET SMULDERS

“The ratcatcher woke me, I knew he was coming, but I’d had three overflowing beers the night before and I’d slept through the rat and I wanted to go on sleeping.”

— An excerpt from the chapter titled “First Thing” in Claire-Louise Bennett’s book *Pond*

You would never guess that *Pond* is Claire-Louise Bennett’s debut book by the way she expertly crafts her stories. Her writing style is similar in feel to authors like Virginia Woolf and Anne Carson, but

at the same time, she has her own unique and fascinating tone.

Pond is about the daily life of an unnamed woman living in a coastal village.

Bennett’s construction of the book offers brief glimpses into our protagonist’s life — as if opening a window in her cottage and peeking in. What’s incredible about this book and what we found so enticing is Bennett’s ability to spin the mundane into something unusual — something quirky, comical and brilliant. She takes ordinary events like preparing for company or buying a tapestry and revitalizes them. The way she reveals the protagonist’s unfiltered thoughts and speculations lets readers learn how comical, and at times childish, the protagonist can be.

Margriet Smulders’ painting *Fair is foul, and foul is fair* was chosen as the cover for *Pond*. It quite accurately materializes the

colours, clutters and imperfections that Bennett writes of.

We can’t say for sure how Bennett feels about the cover of her book; but we feel that when you pick up *Pond*, you immediately have an understanding of the imagery used in Bennett’s short stories.

The way that Bennett has written these short stories allows them to be read on and off, out of order, and many times over. She writes almost without any sense of time, making each story easy to read, while at the same time leaving you with a lot to think about and consider. This quality makes it a good book to have on the go while in school.

Reward yourself with a story from *Pond* after completing an exam.

Pond can be found at the Killam Memorial Library at Dalhousie University, at the Halifax Public Libraries, as well as local bookstores.

Dalhousie Professor wins Robert Merritt Legacy Award

Susan Stackhouse celebrated for her years of acting and teaching excellence

BY ANASTASIA PAYNE



THEATRE NOVA SCOTIA HELD THE ROBERT MERRITT LEGACY AWARDS ON MARCH 25, 2019. PHOTO PROVIDED BY THEATRE NOVA SCOTIA

Susan Stackhouse tears up as she gives a heartwarming speech about the support of her parents and the community vibe of professional theatre in Halifax.

Stackhouse won the Robert Merritt Legacy Award at Theatre Nova Scotia's annual awards gala on March 25, 2019.

According to Theatre Nova Scotia, the legacy award "honours outstanding contribution to professional theatre in Nova Scotia."

"It's just a little bit embarrassing," says Stackhouse. "For me it's all about the work."

Stackhouse has played an active role in Halifax's theatre community since she moved back to Nova Scotia from Ontario in 1996. As a professor at the Dalhousie University Fountain School of Performing Arts (FSPA), she's shaped and influenced hundreds of students, many of whom now live Halifax and work in its theatre community.

Stackhouse says receiving the award is "a great privilege," her voice shaking as she gives her speech.

A lifelong love

Her passion for theatre stretches as far back as childhood. By the first grade she'd already won an award that sent her to drama camp over the summer for her acting in a school play.

Born in Middleton, Nova Scotia, Stackhouse moved to Ontario with her family in middle school. They relocated several times over her youth because her father was in the military.

Regardless of where she lived, Stackhouse got involved in drama club — even when the school she attended had no drama club. At one point, Stackhouse's father drove her an hour each way to an amateur club because there was no drama club at her school.

"Drama always helped me make friends. I had a place, kind of a club to go to wherever I was," she says.

Unsure of what to do after high school Stackhouse was ambivalent about university, that is, until a guidance counselor at school told her about Dalhousie's acting program.

Countrywide and worldwide experience

Today Stackhouse is an award-winning professor and actress, in addition to a voice and speech coach. Despite being a Nova Scotian at heart, she spent much of her education and early career

away from her home province.

After finishing her acting degree at Dalhousie, Stackhouse jetted off to the National Theatre School in Montreal. There, she outperformed actors and actresses from all over Canada, gaining a spot in one of 12 seats open for that class. She completed a three-year program there before landing a job with the Shaw Festival where she worked for 16 seasons, beginning in 1983.

"I was really fortunate," says Stackhouse. "I was one of the few that actually was making a living, year-round acting and rarely had to do anything else."

Despite this she began to worry her good fortune wouldn't last.

"Something just struck me while I was at the Shaw Festival and I thought, 'I'd better get a back-up plan,' because this is so fortunate what's happening to me and I can't plan on it lasting forever."

Having always been complimented on her speaking voice, she decided to apply to the Central School of Speech and Drama in London, England. She received the Chevening Scholarship which financed her year of study.

Stackhouse was off to England to get her M.A. While in London she managed to see 52 shows at some of the local theatres.

"On the weekend I would go to all the theatres that there was to offer," says Stackhouse. "Sometimes you could see three shows in one day if you timed it well."

When she returned to Canada, Stackhouse went back to work at the Shaw festival and landed a teaching job at George Brown College. She spent the next six year building a vibrant career in Ontario's theatre community.

Coming back home

It wasn't until the birth of her daughter that she and her husband decided to move back to Nova Scotia where they could be supported by family. When they returned to Nova Scotia in 1996, Stackhouse got a job teaching at Dalhousie.

Four years later she was nominated and won the Faculty of Arts and Social Sciences Award for Teaching Excellence at Dalhousie.

Colleague Jure Gantar, who nominated Stackhouse for the Award for Teaching Excellence, was at the awards gala when she received the legacy award.

"I was seated at Susan's table with her family," says Gantar, "But her family is so supportive that I didn't clue in that they must have had some kind of prior warning [about the award]."

"When she came [to work at Dalhousie] it was a breath of fresh air, someone we could all trust and admire," says Gantar, who's worked with Stackhouse since she began teaching at Dalhousie.

Stackhouse has built a thriving career in Nova Scotia, while continuing to travel and teach all over the country, including at the National Theatre School where she studied, The Citadel/Banff Centre Professional Theatre Program, Royal Manitoba Theatre Centre and Theatre New Brunswick

A deserving legacy

Christian Ludwig Hansen, a second-year acting student at Dalhousie, was at the Merritt awards when Stackhouse was presented the award.

"In this entire room of 300, 400, 500 wonderful people, no one deserves this award more than she does," he says.

Hansen is just one of hundreds of students she's taught. Many of whom now work in the Halifax theatre community and to whom she continues to be a source of mentorship and advice.

Friend and former colleague Robert McClure says, "I know the legacy award has to do with community building and mentorship and education and I think Susan is tops in all those fields."

While many were surprised by the announcement of her award, none were more shocked than Stackhouse herself.

"I just didn't think that I would ever be a position that I was in last night," says Stackhouse during a telephone interview following the awards gala, "It was really overwhelming."

"In this entire room of 300, 400, 500 wonderful people, no one deserves this award more than she does."

Q&A with Tim Maloney

Dal's executive director of athletics and recreation talks about the season, new Dalplex and his past five years on the job

BY JOSH YOUNG, SPORTS EDITOR

The 2018-2019 Dal athletics season is over. It's been a successful year with nine out of 16 varsity teams winning conference championships, and women's curling winning a national bronze medal.

Six out of 15 club teams won regional championships as well. Tim Maloney, Dalhousie University's executive director of athletics and recreation, talks about the season. The interview has been edited for style and clarity.

Dalhousie Gazette: *Another year has come to a close, what are your thoughts on this athletic year?*

Tim Maloney: It's been an exceptional year. I think to for nine out of our 16 teams to win conference championships is something for us all to be excited about. I was really pleased on how the Final 8 went and hosting a national championship, which is no small undertaking. Our team performed and to get to their third national semi-final in four years was another bright spot. In addition to that, I was really thrilled of the support from our students, alumni and community in general.

I think the other thing I'm exceptionally proud of is for a second-year in a row that one of our student-athletes is named a top-eight Academic All-Canadian in the country. And 98 of our student-athletes achieving Academic-All Canadian status; which I think really rounds out what we're trying to be here. And is proof that our student-athletes are excelling in the classroom and their respective sport while finding time to do things in the community.

DG: *It's the first school year since the Dalplex and Sexton gym renovations took place. How has the first year gone?*

TM: It has been amazing, we obviously have lots to learn, and there are some wrinkles we're ironing out, but the usage rates from our students and faculty and staff have increased significantly.

I truly believe the expanded version of the Dalplex and soon to be finished Sexton are going to be destinations on our campus where a couple of years ago it was not that. Now it is a place to come be active, be social, to engage in outside of the



TIM MALONEY HAS BEEN DALHOUSIE UNIVERSITY'S EXECUTIVE DIRECTOR OF ATHLETICS AND RECREATION FOR THE PAST FIVE YEARS. PHOTO BY JOSH YOUNG

classroom in a space that quite honestly it's beautiful and I think we're really lucky to have a facility like this.

DG: *About the hockey teams: unfortunately, neither of them made the playoffs this year. What needs to happen for them to be playoff teams?*

TM: I think both men's and women's AUS conference are incredibly competitive and no one seems to be getting worse, so it is really us finding ways to close those gaps. Not having a rink certainly doesn't help (they play at the Halifax Forum) and poses significant challenges on a couple of fronts, recruiting being one. But it is trying to get some key players in the door that we can build around and I think we have some of those pieces on both teams to move forward.

DG: *I haven't heard of anything about a possible new hockey arena in two years. Are there any developments on that?*

TM: There are slow-moving developments; and it is being discussed on our board level about how we can go forward, but there are not any concrete plans in place. There is a significant fundraising component if we were ever going to get the go-ahead and that is what we would need to tackle first.

DG: *The club teams had a lot of success this year too. What do you guys do to support the club team?*

TM: (The clubs) are very self-sufficient in a sense that they find their coaches and they manage their operations, but we do provide a number of services in house and financial incentives to let them run, as well as finding them facility time to train.

I don't think people understand the commitment level those student-athletes bring to the table. They take their sports very seriously, they represent our school with great pride, and they're competitive. I think it's an important engagement opportunity.

DG: *This is your fifth year as athletic director at Dal, what has the past five years meant to you?*

TM: Well I feel really privileged to be able to hold this role and work with the people I do on campus and in the community. My role is not just working with varsity athletes; it's working with another 1,000 student-athletes that play club sports and almost 5,000 that participate in intramurals.

I enjoy playing a small part in trying to provide students with an exceptional experience through athletics and recreation. It has been exciting to have some success with our varsity athletes. The addition of the fitness centre and renovations to the field house have been fun to be a part of and really see the impact athletics and recreation can have in a community.

I'm privileged, I love my job, and I love coming to work.

Parasports progress

Dal student heads up Nova Scotia's first powerchair soccer program

BY SARAH MOORE, ASSISTANT SPORTS

April doesn't just mean the end of classes for Madison Campbell. The fourth-year kinesiology student is also the coordinator for Nova Scotia's first-ever powerchair soccer program, and it officially starts on April 3.

"It's really important because I want everybody to have the same opportunities that I had growing up to play sports, no matter what abilities or disabilities you have," says Campbell.

She first got involved in parasports — sports for people with a disability — in 2017, when she volunteered at a multi-sport summer camp for kids with disabilities.

Paul Tingley, Sport Nova Scotia's parasport coordinator, first met Campbell there.

"Throughout the week, she just kind of stepped up to be like a leader among the volunteers," he says. "She was there to really help and make a difference and she really set herself apart."

About a year and a half ago, Tingley floated the idea of starting a soccer program for people in

power wheelchairs. Across Canada, only British Columbia and Quebec have a similar program. The game consists of two 20-minute periods and it's played with four players — three players and a goalie.

Campbell was immediately interested. She played soccer growing up and is heavily involved with volunteering and coaching for the United DFC Soccer Club in Dartmouth.

Before the powerchair program, Campbell had experience organizing family fun runs in the Dartmouth community, but this was a much larger task for the 22-year-old.

As the coordinator, she's responsible for applying for grants to get funding for the program, getting partnerships, organizing

gear, advertising and coaching participants once the 10-week program starts.

"It's pretty tireless what she's been doing," says Tingley. "I think her capacity to balance everything is pretty extraordinary, so that's what separates her. I think she's not afraid to take the risk in doing something that's unknown."

The process hasn't been without challenges.

A metal "guard" is attached to the bottom of the chair around a person's feet. That's what players use to control the ball, which is about the size of a beachball. The guards, however, are only manufactured in the United States, says Campbell, and cost about US\$500, not including shipping, for one.

Campbell has partnered with Mad Secret Lab and metal shops in Burnside to manufacture the guards locally and avoid high program costs for participants.

"If this is your only opportunity to play a team-based sport and you can't afford to play it, like that

would just be awful," she says.

The other major challenge was finding a place to play.

"You need to have a place that's close to public transportation because these athletes a lot of them just use public transportation because they need accessible vehicles and things like that," says Campbell.

They also needed a facility with storage: along with the rest of the guards, they have four extra power chairs donated by Easter Seals.

The solution came with the renovation of the renamed Zatzman Sportsplex in Dartmouth, which opened at the end of February.

Tingley says Campbell has adapted well to

"I think her capacity to balance everything is pretty extraordinary, so that's what separates her."



MADISON CAMPBELL IS A FOURTH-YEAR KINESIOLOGY STUDENT. SHE'S ALSO THE COORDINATOR FOR NOVA SCOTIA'S FIRST POWERCHAIR SOCCER PROGRAM. PHOTO BY SARAH MOORE

all the different challenges.

"She's very poised," he says. "There's going to be ups and downs along the way, and she keeps a level head through it all and just keeps going forward towards that end goal."

The program costs \$50 for each participant or pay what you can. The fee covers a different skill every week, like ball control, passing, shooting and team tactics. Any extra funding is put back into the program.

Coordinating everything is a volunteer position.

"I just love doing it," says Campbell. "I don't want to get paid for that."

Moving forward, Campbell has applied to physiotherapy programs once she graduates from Dalhousie this spring. She wants to stay involved with powerchair soccer, she and Tingley aim to have a 10-week program running every fall, winter, and spring.

"If you have an interest, you should be able to pursue it no matter if you have disabilities or if you're an able-bodied person," says Campbell.

Wearing the maple leaf

Dal women's hockey defender, Natalie Stanwood won a silver medal with team Canada at the 2019 winter universiade in Russia

BY SAM GILLETT



NATALIE STANWOOD WAS CHOSEN TO REPRESENT CANADA AT THE 2019 WINTER UNIVERSIADE IN RUSSIA. PHOTO BY SAM GILLETT

Natalie Stanwood always dreamed of playing hockey for team Canada. Until February, she never thought that would be a reality.

"I heard I was going to be playing for team Canada, and I got a chill through my entire body," says Stanwood. "That's something I have always dreamt of, and I didn't know it was going to be a realistic dream for me in the near future."

The fourth-year Dal Tigers defencewoman was chosen to represent Canada at the 2019 winter Universiade in Krasnoyarsk, which is a city in Siberian Russia, the winter Universiade is a sports tournament, which gathers top student-athletes from around the world for what is essentially a Winter Olympics for university students. It is held every other year.

After Dalhousie women's hockey Head Coach

Sean Fraser let Stanwood know she was selected, she had less than a month to prepare for the trip.

"It was a surreal phone call," says Stanwood, who is from West Vancouver B.C. "It was a phone call I'll never forget."

Fraser followed all the games through live webcasts from Halifax. He wasn't surprised when he heard Stanwood was selected for the team.

"She's a highly-skilled player," says Fraser. "And she's a leader on and off the ice."

Stanwood was Dalhousie's

best defender over the past two seasons. This

past season she was tied for third on the team with 12 points in 28 games. She is also solid defensively; she can read the play well and is usually in the right position to break-up an attack.

"It was the honour that every time I was stepping out on the ice that I was representing myself, my family, Dal and our entire country,"

Atlantic University Sport women's hockey

league. Other AUS players on the team are Cassandra Labrie and Katryne Villeneuve from Université de Moncton and Abby Beale from Mount Allison University.

"As much as we had conflict playing against each other on different university teams, when we were on the same team we didn't have any issues on or off the ice," she said.

On the ice, the team dominated the early rounds of the tournament. Canada opened with a 10-0 win over China. They won six games and lost one before the gold medal game, outscoring their opposition 30-7.

Canada lost 2-0 to Russia in the gold medal game. It was not surprising though; Russia had 11 players who played on the Russian women's hockey Olympic team at the 2018 Winter Olympics.

"It was bitter-sweet, obviously playing in the gold medal game, with the anticipation of working so hard for the gold," says Stanwood. "But knowing that we had played the best game of our tournament there and that we all played for one another, I don't think any of us have any regrets."

While Stanwood says she didn't want to assume how many minutes she would play, she was an important player on the team playing on the power play and penalty kill.

"I was just very grateful to have made the team in the first place, and I didn't have any expectations how much ice time I was going to have as compared to [playing] at Dal," she said.

Stanwood was gone for two weeks, but she used reading week to catch up on work. Luckily most of her midterms were completed before she had to leave. She also had three days of travel to get in and out of Russia, so she had a lot of time on the plane to study.

Stanwood's silver medal will serve as a reminder of her time as a team Canada player — a feeling she says will stick with her for a long time.

"It was the honour that every time I was stepping out on the ice that I was representing myself, my family, Dal and our entire country," she says.

Learning curve

Inside the rise of the young men's basketball team

BY JOSH YOUNG, SPORTS EDITOR

The Dalhousie men's basketball team hit a major growth spurt between Jan. 26 to March 10 — going from a good basketball team in the Atlantic region to a national championship contender.

On Jan. 20 Dal had a record of six wins and six losses in Atlantic University Sport, it was a mediocre record and not one they wanted as hosts of the national championships. Then they went on a fantastic run, winning 12 straight games capturing the AUS championship and losing in bronze medal game at nationals.

For a team with most players being before their fourth year, it was a big jump for the program.

“We have grown a lot and what is really good about it is we lose three players, and so we're coming back with the same core, so we're expecting to make even more damage than we did this year,” said second-year player Keevan Veinot.

Veinot is one of three second-year point guards on the team along with Xavier Ochu and Jordan Brathwaite. Those three were critical to the turnaround of the team. Point guards control the offence, they bring the ball up the floor, call the plays, and make the first offensive play with the ball. Their decision-making is crucial. As second-years, the young trio had some growing pains in the first half of the year about knowing when to make the right play.

“You have to go through experiences you have to make mistakes...knowing the plays and what you're looking for out of a play and all those factors, and it just takes time,” said the team's Head Coach Rick Plato. “Even the sweetest tasting apples need some time to ripen up.”

Veinot played only one game in January and was out because of tonsillitis, that meant Ochu and Brathwaite got more playing time and experience. By the time Veinot came back at the beginning of February, everything had clicked. All the guards



THE CARLETON RAVENS WON THE GOLD MEDAL AND THE CALGARY DINOS TOOK HOME THE SILVER MEDAL. PHOTO BY EVAN DE SILVA

felt confident, so they were playing better offensively. When they were losing, Dal only scored above 70 points once and only once they were unable to hold the opposition to under 76 points. Their defence was always great, but everything came together once the offence got going.

“Keevan, Xavier and Jordan, they're going to be scary,” says Plato.

Needs a sub

In the AUS playoffs, Dal defeated Memorial University and the University of New Brunswick in their first two games. They came up against the juggernaut Saint Mary's Huskies in the championship game—SMU only lost one game all year. Still, Dal defeated them 65-55 and won their fourth AUS championship in five years. Veinot was named playoff MVP.

Plato thinks Veinot has developed into a leader on the team.



ON MAR. 3, THE TIGERS WON THEIR FOURTH AUS CHAMPIONSHIPS. THEY BEAT THE SAINT MARY'S HUSKIES 65-55. PHOTO BY EVAN DE SILVA

“I think [Veinot] started to realize his teammates looked up to him,” said Plato. “You need someone to drive the bus, everybody just can't be along for the ride, somebody has to take the bull by the horns,” said Plato.

The next weekend was the national championships. Dal's first game was against the University of British Columbia, and Dal defeated them 74-65. Dal's next game was against the top-ranked Carleton Ravens. Dal played great and was leading by three points heading into the fourth quarter. However, Carleton took control and won by 11 points. They played Ryerson for the bronze medal game but lost 84-66, by that time they had nothing left.

“After playing an emotionally high-level game against B.C. and getting that win,

and a higher level of emotion, intensity, and physicality against Carleton, going to play Ryerson the game after was tiring I'm not going to lie,” said Veinot. “After the first few possessions I personally was gassed, and it was a battle of both basketball and physical demand.”

Dal is losing Cedric Sanogo, Kevin Dulong and Mike Shoveller. Sanogo was the only starter, so the young core is still intact. With the maturing of the guards and forwards Alex Carson and Sascha Kappos having another year of

experience as the top scorers on the team. Dal should be a powerhouse next year, and Plato expects them to get to the national championship game soon.

“We'll be there, it just a matter of time with this young team,” said Plato.

**Even the sweetest
tasting apples need
some time to ripen up.**